Cross Country training each week at 830am on Tuesdays

- The Bell will ring at 8:30
- All students to gather in the undercover area
- Miss Naomi will run a warm up
- Students to head out to oval and run laps together

Students collect tokens for laps run.
8:50 – Bell rings and students return to classes for power snack, toilet etc.

**Illness:** There are a few bugs going around at the moment. We want every child to reach 95% attendance however if they are ill they need to stay at home. We will call parents to pick up students who are too unwell to be at school or have vomited the night before or that morning. Thank you all for keeping us all healthy.

**Life Education:**
Reminder that there is a parent information session on Monday morning at 8:30am in the 5/6 room.

**Monday the 1st of March**

<table>
<thead>
<tr>
<th>Time</th>
<th>Year Group</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30am</td>
<td>Parents and Caregivers</td>
<td>Information Session</td>
</tr>
<tr>
<td>9:30</td>
<td>5</td>
<td>Evolving Friendships</td>
</tr>
<tr>
<td>11:30</td>
<td>6</td>
<td>Navigating Relationships</td>
</tr>
<tr>
<td>2:00</td>
<td>4</td>
<td>Body Safety</td>
</tr>
</tbody>
</table>

**Day 2 Tuesday the 2nd of March 2021**

<table>
<thead>
<tr>
<th>Time</th>
<th>Year Group</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>6</td>
<td>Surviving Puberty</td>
</tr>
<tr>
<td>11:30</td>
<td>5</td>
<td>Welcome to Puberty</td>
</tr>
</tbody>
</table>

⇒ Our first whole school cross country went well although are planning on starting a little earlier for the rest of the term. Please ensure your child is at school by 830 on Tuesdays to participate in this valuable and fun training session
**PREP 1 Class**
Jack Langford for excellent work with sounding out words
Bailee for great work with pronouns

**2/3 Class**
Danni - for fantastic efforts during maths
Zeb – for enthusiastic participation in our English lessons
Jesse – for great efforts identifying different types of verbs.

**3/4 Class**
Tayvon for excellent breaking down of words into sounds. Well done!
Kaylee for always giving every learning experience a try
Ava for being optimistic and involved in the classroom learning.

**5/6 Class**
Abbie for trying her best in all learning areas.
Jake for trying his best to make strong choices in his learning and with behaviour.
Ruby for asking for help when she needs it and trying her best.

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**Our Student of the Week and sightword award winners, Principal award, Ins music and Impact students, at this week's parade!**
Our year 5/6 students have been learning about preventative health during their HPE unit. Preventative health means having healthy habits to maintain your health and prevent sickness or disease. Our students were asked to rate their healthy habits and set 3 goals to improve their health and well being. Our popular goals set were:

- Eat breakfast everyday
- Aim for 10 hours sleep
- Reduce screen time to a maximum of 2 hours per day
- Wash hands after using the bathroom or before meals
- Visit the doctor and dentist for regular check-ups even when feeling healthy
SAVE THE DATE!
WONGA BEACH
CROSS COUNTRY
TUESDAY
23rd MARCH 2021
Program and details will be sent home soon

CROSS COUNTRY
Training
Every Tuesday
8.30-8.50am

To help our students prepare for the cross country events being held at the end of the term, we will holding a whole school training session every Tuesday. Parents are asked to support our training sessions by ensuring their child is at school before 8.30am.